



# ***The Senior Edition***

***The Shrewsbury Council On Aging Newsletter***

published Monthly for all

Shrewsbury Residents age 60 and over

**March 2004**

**Volume 4, Issue 3**



## ***March 2004 Special Dates:***

***National Cataract Month** - remember to have your eyes checked!*

**Free AARP Tax Assistance Avail. Mon, Tues 9am-1pm**

**Mar. 5th:** Dental Hygienist Talk at Meal Site

**Mar. 11th:** COA Board Meeting 10am

**Mar. 12th:** Office hours for Rep. Karyn Polito 9:00am

**Mar. 16th:** Friends, Inc. Meeting 1PM

*March Into Games*

**Mar. 17th:** *St. Patrick's Day*

**Mar. 18th:** Fallon Representative Available

Community Dinner 5:30pm at SHS

Free Legal Clinic; Atty. Jim Slavin: 1pm

**Mar. 19th:** Brown Bag and a Movie 11:30am

**Mar. 26th:** Newsletter Mailing 9:30am\*

**Mar. 30th:** AARP Meeting 1:30pm

*featuring Lee Bartlett & the Symphonettes*

*And much more...*

*see inside for details and calendar on back page*

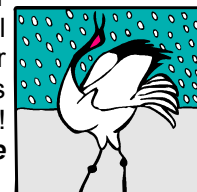
***Reminder: April 4th: Move your clocks AHEAD!***

*The Town of Shrewsbury's Council On Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.*

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2004 Formula Grant to go toward the mailing labels for our Newsletter

## ***Welcome Back 'Snow Birds'***

Thanks again to all those who notified us that they would be traveling this past winter. We logged that over 154 households went away for three weeks or more this winter, causing their Newsletter to be sent back. We hope in October to remind people of their travel plans so that we can stop their newsletter. Keep in mind it is now available ON-LINE! *Welcome back to all those who were traveling!*



*\*Please note the different mailing time is for March ONLY.*



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# Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center  
98 Maple Avenue  
Shrewsbury, MA 01545  
(508) 841-8640

**March 2004**



## **COA Staff and General Information:**

**Office Hours:** Monday through Friday:

8:00am-4:30pm

**Office Phone:** 508-841-8640

**Office Fax:** 508-841-8641

## **Staff: COA Board Members:**

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,  
John Concordia, Secretary, Al Crommett, Lillian Goodman  
Helen McLaughlin and Tim Swiss

**COA Director:** Sharon M. Yager

**Assistant to COA Director:** Vicky Pellegrino

**Transportation Coordinator:** Cynthia Willis

**Van Drivers:** Ralph Anderson, Mike Jardarian, Mike Mazzola,  
Dick Londergan, Ed Rezuze, Norm Vandal, and Keith Harlow

**Fill-In Drivers:** Bob Dumas, Holly Henry

**Meal Site Coordinator:** Cheryl Lucier 508-841-8757

**Meals on Wheels Drivers:**

Alan Buckley, George Bergquist

**Outreach Coordinator:** Jacqueline Lofgren

**Volunteer Coordinator:** Marcia Grillo

**SHINE Counselors:** Mary Hardell, Al Crommett

**Friendly Visitor Coordinator:** Lorraine Covino

**Newsletter Committee:** Fran Rimkus, **Chairman**,  
Ailsa Macdonald, **Editor**, Ron Davis, Norma Giumentaro,  
Mary Layden, Janice McNamara, Maynard Rinker

**CARES Coordinator:** Dave Grillo

**CMAA Liaison:** Vicki Zwerdling

**Volunteer Office Staff:** Dorothy Dobson, Loretta Henry,  
Carmella Iacono, Elaine Kelley, Nancy Kowalczyk,  
Lucille Mc Hugh, Katharine Nelson, Rochelle Lockwood,  
Shirley McDonnell, Betty Viscera, Phyllis Robbio

**Senior Aide:** Susan Pappas

**Veteran's Agent:** Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

## **HAPPY MARCH BIRTHDAY TO:**

March 2nd - Keith Harlow/ MOW & Van Driver

## **OUR CONDOLENCES TO:**

The family of **Raymond Bernard**. Ray passed away suddenly after a brief illness last month. Ray was a Korean War Veteran, was active in the Men's group and was an instrumental volunteer for our Senior Center patio. He had been eagerly looking forward to helping out with the newest shipment of bricks that is expected. He will be sadly missed. His family will be donating a new flag to the Senior Center in his memory.

**Ernie Tosi** will also be sadly missed. He and his late wife, Ellen, were one of our first husband/wife teams to take our computer classes. May they rest in peace together.



## **Letter from the COA Director:**

At press time, the Senior Center did not look like the picture above, but hopefully by March's end, it will begin to resemble this again! We have reminded you on page one it will be time to change your clocks again on April 4th. Soon we'll be enjoying a few hours of much needed sun!

You may have heard that the Newsletter is now officially **on-line!** Simply visit the town's webpage at [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov) and click on "Town Departments" and then "Council on Aging". There is a square for the Newsletter at the top of the department's homepage. Simply click here and you can read the Newsletter! You may also print it out and in color if you wish! Seeing the photos and clipart in color on every page really brings the Newsletter to life. I'd also like to remind you that the new "News List Serve" is now available, too. Simply sign up on our homepage and you will be notified when the new edition of the Newsletter is available. We can also e-mail you if there is a change in a program, or if there is something we want to share with you between newsletter issues. We hope you'll take advantage of this new town service!

Also, at press time, we had just learned that the Governor had proposed a new "HOME" program, which stands for Helping Our Massachusetts Elders, which is to help provide alternatives to Nursing Home Care. It will be exciting to see how this program plays out. We will keep you posted and will likely arrange to have a talk at the Senior Center about it when we have more details.

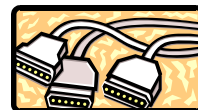
Before signing off, I'd like to personally thank the **Independent Artists** for their thoughtful and generous donation of \$50 last month. As always, we are always looking to provide and improve the activities, services and programs available to you. Your feedback is always welcome.

Sharon M. Yager

Call Shrewsbury Light and Cable to sign up for  
**Shrewsbury's Digital Cable Service**

&

**High Speed Internet Access**



Don't forget about our 'Share the Warmth' Program.  
Call **508-841-8500** for more information about all out  
levels of cable services!

**Please Note:**

**All special monthly activities, meetings and screenings appear in italics on the Calendar: (back page)**

Please call the Senior Center at 841-8640 to register for or learn about an activity, screening or clinic. The entrée at the meal site is listed each day. To reserve a seat, please call the Meal Site Office at 508-841-8757 the business morning before. It is important that we have sign ups to anticipate how many people will be partaking in an activity.

Also on the calendar, we have had a lot of confusion as to what activities are put on through Parks and Recreation (which require pre-registration and payment) and those which are offered directly through the Senior Center. Please note the corner of the calendar lists the activities put on through Parks. We have changed Senior Center activities with similar names to reduce confusion. "Line Dancing with Josi" is now listed as "Dancing with Josi", "Acrylic Painting with Elaine" is now listed as "Art with Elaine". We hope these name changes are helpful.

**March 5th, 11am Dental Hygienist Talk At Meal Site**

Get the latest on how to keep your mouth healthy. Even if you wear dentures, oral health and regular check-ups are still important. The Age Center of Worcester is sponsoring this helpful talk. Please call to sign up and let us know if you'll be staying for lunch.

**March 18th, 5:30pm: Community Dinner/Play**

It's time for another Community Dinner put on by the Shrewsbury Rotary Club. Enjoy a delicious meal for just \$2 put together by Joe Montecalvo. The spring play will follow at 7pm. This season's performance will be "Jekyll and Hyde". Please come to the Senior Center to get your ticket. Although all are welcome to the play, the Rotary asks that dinner guests be Shrewsbury residents only.

**March 19th 11:30am Lunch/Movie**

This month features the newly released film "Bruce Almighty". Rated PG-13, in this breezy comedy, God (Morgan Freeman) bestows Jim Carrey with His powers, making a ripe recipe for laughs. Join your friends for a free movie, popcorn and soft drinks, all sponsored by Westboro Savings Bank. Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please** call the Senior Center by the morning of March 17th to reserve your seat and/or your lunch. An accurate count is needed so that we can ensure that there are adequate refreshments for everyone.

**Outreach News:** **FUEL ASSISTANCE** applications will be accepted until April 30, 2004. If you pay your heating bill, you may be eligible for assistance based on your income. **NEW TO SHREWSBURY?** Call Jacqueline Lofgren at (508) 841-8647 to schedule a tour of the center and a complimentary lunch (1st time users only) - lunch compliments of the Age Center of Worcester. Jacquie is also available to visit those who cannot leave their homes and need assistance.

**AARP Tax Assistance**

AARP continues to offer free tax assistance for seniors through tax season. Two tax counselors will be available to meet in private appointments on Mondays and Tuesdays from 9am to 1pm. Please call the Senior Center to book your one hour appointment.

**Alternative Wellness Continues!**

See Calendar on back page for dates and times!

**Reiki:** Call to book your one-on-one session. Handouts are available on this recognized form of healing.

**Chi Gong:** All exercises can be done sitting if needed. Classes can be joined at any time.

**Meditation/Quiet Time:** Is vital for peace of mind, especially for caregivers, those with an illness or folks dealing with stress. Join any time.

**Arthritis Program:** The focus of this program is to be interesting and easy for people of almost any physical condition or age, and without any knowledge of Tai Chi, to deliver maximum relief for the main problem experienced by people with arthritis, namely pain and stiffness, and to benefit health in general and enhance relaxation. The style of Tai Chi is the "Sun Style". It is chosen because it has agile steps, helps improve breathing, relaxation and facilitates healing. This program includes basic and advanced movements, warm-up and warm-down exercises and a Qi Gong exercise for relaxation. Classes begin 3/23 for 6 weeks for 1 hour each. Again, there is no charge, but donations are always welcome. This class will begin in March, so call to sign up and mark your calendars.

*The above programs are all offered by volunteer Walter Rice free of charge, but donations are most welcome.*

**Pilates:** The 1pm Pilates Class continues to be on-going and open to everyone. The Modified Pilates at 2:15pm is open to those who have special needs. One on one instruction will be provided and class size is small, so please call for more information.

**Nail Care with Elayne:** Elayne is available on Fridays at the Senior Center to give manicures and pedicures, applied with reflexology and acupressure at reasonable rates. Men are welcome. Anyone with diabetes is also welcome. Call the Senior Center for an appointment.

**Need A Massage?** A local massage therapist has offered to provide services at the Center...call if interested and we will explore setting up a program.

Happy Saint Patrick's Day  
to those who Irish  
(and even those who aren't!)



**JOHN  
LEBEAUX  
SELECTMAN**



**Busy Hands  
Knitting Group**  
Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

**Shrewsbury Senior**

**Mondays**

11am

President:

**Grace Fulginiti**

Join Us!

**Citizen's Club**



**CARES MARCH Column: A Call For Your Help****By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

I'm hoping you can help me and your fellow seniors. Through the CARES Program and the COA, I would like to develop a file to which Shrewsbury's seniors could refer when looking for a wide range of business services. This file could be reviewed at the Senior Center, or seniors could call the Senior Center and request specific file contents be read to them by phone. The file would contain your feedback regarding various individuals and businesses that do work or otherwise provide services at a cost to paying customers. At this time, I am looking only for feedback on individuals and businesses you would recommend based on work or services they have actually provided to you or somebody you know. To make this effective and as objective as possible, I ask that you not recommend somebody or some business if such a recommendation would benefit you financially or in any other way; your cooperation is essential in this attempt to look out for the common good. The types of recommendations I am seeking pertain to the following services: car dealers, automobile mechanics and body shops, carpenters, electricians, plumbers, roofers, chimney sweeps, driveway pavers and sealers, landscapers and gardeners, arborists/tree services, lawn services, masons, interior decorators, cleaning services, appliance repair services, architects, financial advisors, lawyers, visiting nurses, funeral homes and nursing homes. Please feel free to comment on any additional services I have not listed. A form, available at the Senior Center or by mail, will be filled out by you and placed in the master file at the Senior Center. Alternatively, you can submit written feedback in any form you wish. I will contact you to review with you the information you have provided before placing it in the file. If you do not want your name to enter the file, your valuable thoughts will go in anonymously. However, whenever possible, I would like other seniors to be able to discuss your recommendation with you for the purposes of clarity and reassurance. But that is your call. Many of you have been so helpful when you have contacted me to tell me of your successes as cautious consumers. I am inspired to provide this resource because of the unfortunate experiences reported to me by two seniors who recently did business with the Ragsdale Kia auto dealership in Shrewsbury, as well as the ongoing media coverage of a suspect car dealership in Auburn. Most of us have experienced the frustration of a job poorly done. At the same time, we cherish the word-of-mouth referral that results in satisfaction. I ask for your help with this community project. I look forward to hearing from you.

*Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.*

**KALTSAS KORNER**

*Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.*

Last month's article dealt with the benefits of "planning ahead". Another benefit planning ahead provides is in the area of alternative decision-making. This article is intended to generally educate you regarding your options for alternative decision-making.

In the event you become incapacitated and cannot communicate your desired financial or health care decisions, it will be necessary for an alternative decision-maker to be appointed on your behalf. The least restrictive alternative is preferred. Adopting a less restrictive alternative involves executing a Health Care Proxy and/or Durable Power of Attorney and avoiding Probate Court.

Every adult needs a basic estate plan and every basic estate plan should include a Health Care Proxy and Durable Power of Attorney. By executing these documents, it is possible for you to choose who will have alternative decision-making power and by-pass Probate Court. These documents need to be executed before the individual is incapable of doing so due to mental impairment.

A durable power of attorney is the grant of legal rights and powers by a person, the "principal," to another, the "agent" or "attorney-in-fact". The attorney-in-fact, in effect, stands in the shoes of the principal and acts for him or her on financial and business matters. The attorney-in-fact must use the principal's finances as the principal would for his or her benefit. In executing a durable power of attorney, you are not relinquishing any rights. An attorney-in-fact simply has the power to act along with the principal.

A health care proxy is a document executed by a competent person, the "principal", giving another person, "the agent", the authority to make health care decisions for the principal if he or she is unable to communicate such decisions for him or herself. A health care proxy takes effect only when you require medical treatment and are unable to communicate your wishes concerning your treatment.

Once the individual is incapable of executing these documents due to mental impairment, it will be necessary to Petition the Probate Court for Guardianship. Guardianship is a legal relationship whereby the Probate Court gives one person, the "guardian", the power to make personal and financial decisions for another, the "ward". Guardianship is appropriate when impaired judgment or capacity poses a major threat to a person's welfare. By planning ahead, you can choose whom you want appointed if protective proceedings are instituted on your behalf.

*This article gives general information and not specific legal advice on individual matters. Persons wanting individualized advice on matters discussed should contact an advisor experienced in those matters.*



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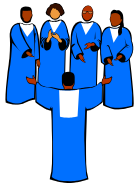
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**The Master Singers of Worcester-**  
**Saturday, March 6th, at 8PM**  
**EVENING OF ITALIAN CHORAL MUSIC**  
 featuring Rossini's *Petite Messe Solonnelle*.

The concert will be held at the First Unitarian Church in Worcester. Tickets are available at \$18 for adults and \$15 for students and senior citizens, by phoning 508-842-1349; by visiting the MSW website: [www.mswma.org](http://www.mswma.org); at Tatnuck Booksellers, 335 Chandler Street, Worcester; or at the door. More information about this concert and The Master Singers of Worcester can be found on the website [www.mswma.org](http://www.mswma.org) or by contacting the Master Singers office: PO Box 406, Shrewsbury, Ma. 01545, 508-842-1349.

**2004 NEW ENGLAND**  
**SPRING FLOWER SHOW**



Come and let the sun in and visit the Bayside Expo Center on Saturday March 13, 2004 for this year's NE Spring Flower Show. This bus trip will be leaving from Shrewsbury Town Hall at 9AM, returning at 4PM. Tickets are \$30 which includes entrance to the Flower Show. Limited seats are available, and with the winter as cold as it has been they may go very quickly. Tickets available at Parks & Recreation. Call with questions at (508) 841-8503.

**Shrewsbury Historical Society**

**2nd Annual Dessert Night, April 2nd, 7:30pm**

Come and enjoy delectable dessert demonstrations by Chef de Jour of Westboro, desserts to taste and a dessert auction at the Sumner House. Tickets are \$12 and are available at the Senior Center, The Sumner House and Dr. William Dennis' office. Limited tickets available. For more information, contact Ellen Glascock at (508) 842-0544 or Joe Aslanian 508-845-2630.

For those of you who may want to eat sooner, the 12th Annual "A Taste of Metro South" will take place on March 10th in Brockton, MA from 5:30-8pm. Tickets are \$12 for seniors. Event sells quickly...call Lisa Keene at 508-586-0500, ext. 231 for more information.

**Albert Einstein Exhibit begins March 13th**  
**Museum of Science, Boston**

"The Man. The Mind. The Insights That Changed The World." The most comprehensive traveling exhibition ever presented on the life and theories of one of the greatest scientists of all time. Exhibits will include interactive simulations and creative displays along with handwritten scientific manuscripts, family photographs and more. Call with questions at (617) 589-0100 or visit the website at [www.mos.org](http://www.mos.org).

**Goings on at Parks & Rec**

**Spring Registration starts Saturday March 5th**

For more information call 508-841-8503.

**Senior Clay Creations- Instructor Beth Flanagan**

Use your creativity to design your own pieces of pottery using various techniques. All pieces will be dishwasher and microwave safe. Clay supplies included. Class is held Fridays from 9:00-11:15 am beginning March 26<sup>th</sup>. Cost is \$37.00.

**Senior Drawing Classes- with Beth Flanagan**

Learn or practice the fundamentals of drawing. Various techniques will be taught to make various portraits and drawings.

Class is held on Wednesdays from 9-11 am beginning March 31<sup>st</sup>. Cost is \$20.00.

**Senior Line Dance- Parks & Rec Instructor Joe Czarnecki**

Line dance to the music from the 40's, 50's, and 60's. Joe will teach you a variety of dance moves.

Class is held on Tuesdays from 10:00-11:00 am beginning March 23<sup>rd</sup>. Cost is \$13.00

**Senior Fitness & Nutrition- Instructor Karen McKenzie**

Exercise and learn about improving your overall health by building strength, flexibility, and healthy eating.

Class is held on Wednesdays from 9:30-10:30 am begins March 24<sup>th</sup>. Cost is \$20.00

**Senior Acrylic Painting- Instructor Jenn Swann**

Learn a variety of painting techniques while focusing on color and design through traditional and experimental approaches. All supplies included and all levels welcome.

Class meet Thursdays from 9:00-10:30 am begins March 25<sup>th</sup>. Cost is \$30.00

**Senior Water Color with Jenn Swan**

Continue to explore watercolor as a medium for self expression while learning new techniques. All supplies included.

Class meets Thursdays from 10:45 to 12:15 PM begins March 25<sup>th</sup>. Cost is \$25.00

**Senior Tai Chi & Chi Gong: Instructor Laurie Demers**

Improve your balance and memory combining simple movements with deep breathing. Two levels are offered.

Beginners meet Tuesdays at 3:15 -4:00 PM and Advanced class is held on Tuesdays from 4:00-4:45 PM. Classes start March 23. Cost is \$13.00

**Boston On Your Own**

Take the bus with us to Boston and spend the day sightseeing or shopping. Trip is Saturday, May 1st, leave town hall at 9:00 am and leave Boston at 4:15 PM. Cost is \$12.00 per person. Sign up beginning March 3<sup>rd</sup> at Town Hall.



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**Shrewsbury Friends  
 Men's Group**



Thursdays 9-11 AM  
 President: John Kehoe

**RICHARD'S CAR WASH**

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**Shrewsbury Friends Men's Club***Submitted by Al Vadinais.*

Attendance at the Men's Friends Club continues to be very good. Lt. Col. Jack Hammond, U.S. Army, presented slides and spoke on his experience in Afghanistan and Iraq. Shirley Buma of Northbridge spoke on plastic medical products/past, present, and future, and presented her views on the handling of medical waste. Togo Palazzi, basketball great, spoke on his relationship with Coach Sharry at Holy Cross and his stint with the Boston Celtics.

More guest speakers are scheduled for upcoming meetings. See you there!

**Shrewsbury Senior Writing Contest***Submitted by Dick Coulter and Jean Sansevero*

The Shrewsbury Senior Writers announce a writing contest for Shrewsbury residents age 60 and over. The category is short stories of 500 to 1500 words. Stories can be fiction or true. Previously published works will not be considered. Only one entry allowed per person. Please include your name, address and telephone number on your submission. Send to: Shrewsbury Senior Writers, Inc., 98 Maple Ave., Shrewsbury, Ma. 01545 to arrive by June 1, 2004. Cash prizes are \$50 for 1<sup>st</sup> place, \$25 for 2<sup>nd</sup> place, and \$15 for 3<sup>rd</sup> place. Winners will be announced by July 1, 2004.

**The Friends of the Shrewsbury Senior Center, Inc.***Submitted by Diane Lindberg*

March to the games! Let the games begin at the Friends of the Shrewsbury Senior Center, Inc.'s general meeting Tuesday, March 16th, 1pm at the Senior Center. Some games will be provided, but if you have a favorite card or board game bring it with you...and of course some players! Wonderful table prizes will be awarded. Leprechauns will be on hand to provide some delectable goodies to accompany coffee and tea. Don't miss out

You can also pick up your May Madness raffle tickets to buy or sell to your family and friends. Bring your friends for a fun and relaxing afternoon!

**AARP:**

This month's March meeting will feature Dr. Lee Bartlett with the band Symphonettes. Why not come to hear these magnificent

women play their instruments? It will be Tuesday, March 30th, 2004 at 1:30pm. Don't miss this great performance!

*Photo by Madeline Gentile*

*Dr. Brian Maher of Shrewsbury Family Chiropractic, with Raymond & Ruth Garrison, at AARP's Jan. 27, 2004 meeting.*

**Volunteer Opportunities:**

**Help Develop New Resource:** A new consumer resource program, developed by Dave Grillo, CARES Coordinator, will provide an open file with names of businesses recommended by your peers along with qualifying information. Therefore, if you have a carpenter, painter, plumber, electrician, roofer, landscaper, etc. that you trust and feel you could recommend, please mail to or leave at the Senior Center desk a letter telling us why you recommend this business. For your convenience, there is a form that you can fill out and leave at the Senior Center. For more details, please read the CARES column, page 4.

**Shrewsbury Middle School** would like to start the Senior Greeters Program in April. Please call the Senior Center and sign up at the desk. Teaming up with a companion to share 3 hours of your time in the morning or afternoon would make this volunteer opportunity a wonderful excuse to visit with your friend.

**Spirit of Shrewsbury Fall Festival** needs volunteers to help with the town-wide celebration. Please contact Maria Smith at 508-845-9974 with your help and ideas.

**SHS Alumni Association** needs volunteers to help with projects and share new ideas. Call Sue Falzoi, Publicity Chair, at 845-6977 or sfalzoi@townisp.com.

**Alzheimer's Association** wants your photos! Do you love to take pictures? The Alzheimer's Association needs file photos as a background design for their newsletter. Send photos of landscapes, around town, people, pets, or even everyday items to Alzheimer's Association, MA Chapter 36 Cameron Ave, Cambridge, MA 02140. Attn: Rachel Hawk. When sending the photo, please label it and include a note saying it is okay to use your photo.

**CASA (Court Appointed Special Advocates) Project** needs volunteers to serve as advocates for abused and neglected children in the Worcester Courts. The volunteers must be able to deal with complex emotional situations while maintaining objectivity. It is estimated that volunteers will need to spend 10-15 hr. per month working on their case. A 40-hour training is provided to equip volunteers with the specific skills necessary to accomplish this challenging, but rewarding, work. The next training session will begin this month. Please contact the CASA office at 508-727-9877 or email Kathy@thecasaproject.org.

*If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact*

*Marcia Grillo, Volunteer Coordinator, at the Senior Center. 508-841-8758 or email: egrillo@th.ci.shrewsbury.ma.us.*

**Travel** To learn more about an upcoming trip, call the contact people listed. **Also call for their list of other trips planned:**

**Anna & Bernie Keiser: 508-753-1387:**

Atlantic City's TROPICANA - March 15-17th

Foxwoods - March 31st

Mohegan Sun - April 13th

The Log Cabin's Lobster Feast - May 18th

Foxwoods - June 16th

Greyhound Dog Racing - June 26th

**Frank Fulginiti : 508-845-6509:**

Foxwoods - March 9th

Hal Roach & The City Ramblers - March 19th,

White's of Westport - April 6th

The Tall Ships Are Coming - July 16th

8 Day MACKINAC Island - September 9th-16th



**NEWS FROM THE SHINE PROGRAM****Serving Health Information Needs of Elders***By Ellin Hassett, Regional SHINE Director*

There is some good news regarding the **Medicare+Choice** plans. The three Medicare HMO's available in Worcester county will have a rate decrease effective March 1, 2004.

The **proposed monthly rates** are as follows:

*Blue Care 65:* \$106,

*Fallon:* \$40 without drug benefit, \$90 with Rx Drug Benefit

*Tufts:* \$115

Those of you on one of these plans may get your March bill with the old rate that went into effect January 1, 2004 but it will be adjusted on the following bill.

If you are interested in applying for a **Medigap** plan now is the time. Open Enrollment is held during the months of February and March for an effective date of **June 1, 2004**.

The new **Medicare Endorsed Drug Discount Cards** will become available in June 2004. These cards were designed to help people who do not have health insurance coverage for drugs pay for their prescriptions. Enrollment will begin in May 2004. **Please remember not to give out personal information over the phone or to anyone who comes to your door unsolicited by you.** If you are interested in any of these discount cards have the information sent to you or visit your local Senior Center and ask for more information.

*For questions regarding any of these topics or another health insurance questions, please call the SHINE Program at 1(800) 243-4636 option 2.*

**SERVE: Good Food Means Good Health!**

Why not take part in this affordable, delicious food co-op? Family, Vegetarian and Meat-only and special packages are available. You can now sign up on-line at [www.servenewengland.org](http://www.servenewengland.org) or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. The Church's sign-up hours are Monday through Thursday from 9am-1pm. Call (508) 842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is March 15th for distribution on March 27th.

**Advanced Wellness Workshop: Wednesday, March 3rd**

Sponsored by Shrewsbury Family Chiropractic. Workshop will be held Wednesday, March 3rd, 2004 at 6:45pm, at their 555 Main Street office. The topic will be "Wellness Orientation". Come find out what will help keep you healthy. No charge for patients of Shrewsbury Family Chiropractic, \$5 for all other guests in advance, \$7 at the door. Bring a friend! Call (508) 845-2778 to sign up or get more information.

**Living A Healthy Life With Diabetes**

Presented By Benny Rocabas, BSN, RN, CRRN, Patient Education Coordinator

Wednesday, March 31 @ 12:00 Noon

Lunch will be served

The Whittier Rehabilitation Hospital in Westborough invites you to a free community education program.

RSVP to 508-870-2222 ext. 2134

**26th Annual Legislative Reception, March 10th**

At the Boston Statehouse, the Mass Developmental Disabilities Council and Arc Massachusetts invite you to attend their reception with the theme *New Generation, New Possibilities: Integrated Housing and Olmstead*, Wednesday, March 10th 10:30am-1pm. This is an ideal opportunity for persons with disabilities to learn about legislative, budget and policy priorities. The Olmstead Act (not to be confused with the Homestead Act) helps people of all ages to stay in their homes. For more information on the program, contact Rachael Dobson at UMASS Donahue Institute at 1-617-723-0212.

**Support Groups**

Are you or someone you care about dealing with Alzheimer's Disease? Support is available for you at Whitney Place in Westborough!

The Family and Caregiver Alzheimer's Support Group meets monthly to provide support, education, and a chance to share feelings, ideas and concerns. This month's meeting is March 2nd, next month's meeting is April 6th. Meetings are held from 7-8:30pm with light refreshments.

The Early Stage Alzheimer Patient Support Group meets the second and fourth Thursday of each month from 10am to noon.

For more information, on either group, call Aimee at (508) 836-4354, ext. 3706.

**Hearing Loss Workshop**

Are you a family caregiver for an elder with hearing loss? Do you live with or visit elders with hearing loss? Then this workshop may be for you. Join us for two mornings to learn about the impact of hearing loss, assistive technology to sustain quality of life and effective communication strategies. March 16 & 30, 2004 10-2pm, Reading Elder Services, Reading, MA. Also March 23th, 2004 9-3pm in Salem MA. Call 1 (978) 774-0445 for more information.

**Fallon Representative**

Janice Sochalski will be at the Senior Center March 18th. Fallon will also be in Westboro at Christina's Café on March 15th & April 16th at 10am and Sophie's Restaurant in Shrewsbury on April 29th at 2pm. If you have a Fallon Senior Plan question, call 1-800-868-5200 for more information.



**Dean Park Pizza**  
745 Main Street  
**508-842-2525**

Offering a 15% Senior Dine-in  
Discount on Mon & Wed.

Breakfast: Sat & Sun:  
7am-noon

**Try our fresh seafood!**  
*Many menu choices!*

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**508-842-5300**



Shrewsbury Rotary Club  
"Service Above Self"  
Joseph Montecalvo  
President - 2003 - 2004

**Britton Funeral Homes, Inc**

**Britton Funeral Home**  
648 Main St. Shrewsbury  
(508) 845-6226

**Britton Wallace Funeral Home**  
91 Central St. Auburn  
(508) 832-4420



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>1</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 9:45 Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>Spaghetti &amp; Meatsauce</b>	<b>2 Trip : Xmas Tree Shops</b> <b>9am-1pm AARP Tax Assist</b> 10:00 Line Dancing* 10-12 Independent Artists 12:00 Art with Elaine 2:00 ChiGong 3:15 Tai Chi/4:00 Adv Tai Chi* <b>Beef Stew</b>	<b>3</b> 9:00 Senior drawing* 9:30 Fitness & Nutrition* 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Chicken Dippers</b>	<b>4</b> 9:00 Men's Club 9:00 Acrylic Painting* 10:45 Watercolor* 11:00 Music with Kitty 1:00 Pitch <b>Honey Mustard Chicken</b>	<b>5</b> 9-1 Nailcare 9:00 Clay Creations* 9:30 Writer's Workshop 10:00 Cribbage <b>11am: Dental Hygienist talk at Meal Site</b> 1:00-3:00 Busy Hands <b>Fish Victor</b>
<b>8</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>Yankee Meat Pie</b>	<b>9 Trip: Solomon Pond</b> <b>9am-1pm AARP Tax Assist</b> <b>10-11 Spinal Screening</b> 10-12 Independent Artists 12:00 Art with Elaine <b>1-2 Hearing Screening</b> 2:00 Chi Gong <b>Roast Turkey &amp; Gravy</b>	<b>10</b> <b>10:00 COA Board Meeting</b> 11:00 Yoga 12:30 Bridge/1-3:00 Whist <b>1-3 Financial Clinic</b> 1-2:00,2:15-3:15 Pilates <b>Chicken l'Orange</b>	<b>11</b> 9:00 Men's Club 11:00 Music with Kitty 1:00 Pitch <b>Swedish Meatballs</b>	<b>12</b> <b>9:00 Rep. Polito Office Hrs</b> 10-1 Nailcare 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands <b>Macaroni &amp; Cheese</b>
<b>15</b> <b>9-1pm AARP Tax Assist</b> 9:30 Piecemakers 9:45 Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>BBQ Ribs</b>	<b>16</b> <b>Trip: Walmart - Northboro</b> <b>9am-1pm AARP Tax Assist</b> 10-12 Independent Artists 12:00 Art with Elaine (no Chi Gong) <b>1pm: Friends of the SCC, Inc. Roast Chicken</b>	<b>17</b> 11:00 Yoga 12:30 Bridge/1-3:00 Whist <b>1-2 B.Pressure Screening</b> 1-2:00, 2:15-3:15 Pilates <b>Pot Roast &amp; Gravy</b>	<b>18</b> 9:00 Men's Club 10:00 Fallon Rep <b>10 Legal Clinic w/Jim Slavin</b> 11:00 Music with Kitty 1:00 Pitch <b>5:30: ComDin @ H.School Hot Dog</b>	<b>19</b> 9-1 Nailcare <b>11:30 Brown Bag Lunch and MOVIE</b> 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands <b>Veggie Cheese Bake</b>
<b>22</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>2-3 Reiki</b> <b>Stuffed Cabbage</b>	<b>23 Trip: Auburn Mall</b> <b>9am-1pm AARP Tax Assist</b> 10:00 Line Dancing 10-12 Independent Artists 12:00 Art with Elaine 1pm, Arthritis Exer, 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi <b>Chicken Teriyaki</b>	<b>24</b> 9:30 Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Chopped Beef</b>	<b>25</b> 9:00 Men's Club 9:00 Acrylic Painting 10:45 Watercolor 11:00 Music with Kitty 1:00 Pitch <b>Shepherd's Pie</b>	<b>26</b> <b>9:30 Newsletter Mailing</b> 9-1 Nailcare 9:00 Clay Creations 9:30: Writers Workshop 10:00 Cribbage 10:15-11:45 Drawing Class 1-3 Busy Hands <b>Baked Fish Filet</b>
<b>29</b> <b>9am-1pm AARP Tax Assist</b> 9:30 Piecemakers 9:45 Dancing w/Josi 11:00 SSC Club 11:30 Whist 12:30 Bridge <b>American Chop Suey</b>	<b>30 Trip: Target - Northboro</b> <b>9am-1pm AARP Tax Assist</b> 10:00 Line Dancing 10-12 Independent Artists 12:00 Art with Elaine <b>1:30pm AARP Meeting</b> 1pm, Arthritis Exer, 2:00 Chi Gong 3:15 Tai Chi/4:00 Adv Tai Chi <b>Meatball Burgundy</b>	<b>31</b> 9:00 Senior drawing 9:30 Sr. Fitness & Nutrition 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates <b>Roast Turkey</b>	<b>* Please note that Parks Activities have a two week hiatus between the Winter and Fall Sessions.</b>	
<b>Elder &amp; Disability Law Advocates</b> <ul style="list-style-type: none"><li>• Guardianships</li><li>• Estate &amp; Medicaid Planning</li><li>• Medicaid Benefit Applications</li></ul> <b>Worcester (508) 755-6525</b>				